

# Alexandria Zozos

THE MEDITERRANEAN NUTRITIONIST

## Mediterranean Nutritionist

Lifestyle Community by Ale Zozos, MS, RDN



Welcome to the MEDI Method community! With this meal plan you'll gain insights to a plant-forward Mediterranean diet and lifestyle way of eating focused on fruits, vegetables, nuts, seeds, beans, legumes, fatty fish, and of course extra-virgin olive oil!

My philosophy empowers you to ask yourself how your diet will improve by what you can ADD to your plan rather than by restricting foods and food groups. With a lifestyle, think of every food as on limits. You will learn how to live fearlessly and confidently knowing how to best fuel your body.

Stay tuned for new podcast episodes and cooking demonstrations!

Very Best,  
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## Nutrition Plan

Day 1



Blueberry Pecan Overnight Oats, Grapes



Pear Quesadilla with Cucumbers, Yogurt and Kiwi Fruit



Cucumber, Feta, and Olives



Chicken, Quinoa, and Veggies, Broccoli Rabe

Day 2



Leftover: Blueberry Pecan Overnight Oats, Grapes



Leftover: Pear Quesadilla with Cucumbers, Yogurt and Kiwi Fruit



Leftover: Cucumber, Feta, and Olives



Leftover: Chicken, Quinoa, and Veggies, Broccoli Rabe

Day 3



Spicy Tomato Eggs



Chicken Avocado Wrap with Carrots

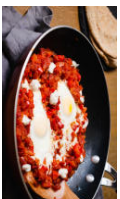


Sweet and Salty Trail Mix



Asparagus and White Bean Pasta, Lettuce, Tomato, and Cheese Salad

Day 4



Leftover: Spicy Tomato Eggs



Chicken Avocado Wrap with Carrots



Avocado, Black Bean & Tomato Sandwich with Oranges



Leftover: Asparagus and White Bean Pasta, Lettuce, Tomato, and Cheese Salad

Day 5



Strawberry Maple Overnight Oats



Turkey & Cheese Roll Ups, Veggies, and Orange, Banana and Sunflower Seeds



Leftover: Avocado, Black Bean & Tomato Sandwich with Oranges



Mediterranean Salmon in Parchment

DINNER

SNACK

LUNCH

BREAKFAST

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## Grocery List

### BAKERY

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- |  |   |
|--|---|
| <input type="checkbox"/> 1 loaf (24 oz) of Whole Wheat Bread       | <input type="checkbox"/> 1 bag (6 ct) of Whole Wheat Pita Bread |
| <input type="checkbox"/> 1 package (8 ct) of Whole Wheat Tortillas |   |

### BAKING GOODS

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- ☐ 1 package (12 oz) of Dark Chocolate Chips

### CANNED / JAR GOODS

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- |   |   |
|---|---|
| <input type="checkbox"/> 1 can (2-3 oz) of Black Olives | <input type="checkbox"/> 1 can (15 oz) of Canned Black Beans    |
| <input type="checkbox"/> 1 can (15 oz) of Canned Pears  | <input type="checkbox"/> 1 can (15 oz) of Canned White Beans    |
| <input type="checkbox"/> 1 jar (8 oz) of Pesto          | <input type="checkbox"/> 1 can (28 oz) of Whole Peeled Tomatoes |

### CEREALS

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- ☐ 3/8 pounds of Rolled Oats

### DAIRY

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- |  |   |
|--|---|
| <input type="checkbox"/> 1 block (12 oz) of Cheddar Cheese                 | <input type="checkbox"/> 1 half dozen Eggs                  |
| <input type="checkbox"/> 1 container (4 oz) of Feta Cheese                 | <input type="checkbox"/> 1 pint of Milk, 2% fat             |
| <input type="checkbox"/> 3/4 ounces of Parmesan Cheese                     | <input type="checkbox"/> 2 3/8 ounces of Pepper Jack Cheese |
| <input type="checkbox"/> 3 containers (8 oz) of Plain Low-Fat Greek Yogurt |   |



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### DAIRY

- ☐ 1 tub (5 oz) of Shaved Parmigiano Reggiano
- ☐ 1 package (8 oz) of Shredded Mozzarella Cheese

### DELI

- ☐ 1 container (10 oz) Hummus
- ☐ 1/8 pounds of Sliced Deli Turkey

### DESSERTS

- ☐ 1 bottle (12 oz) of Maple Syrup

### FROZEN FOODS

- ☐ 1 package (20 oz) of Frozen Grilled Chicken Breast Strips

### INTERNATIONAL / ETHNIC

- ☐ 1 package (16 oz) of Edamame (Shelled & Cooked)

### MEATS / SEAFOOD

- ☐ 1/2 pounds of Boneless Skinless Chicken Breast
- ☐ 3/8 pounds of Salmon

### PASTA / RICE / BEANS

- ☐ 1/2 pounds of Brown Rice
- ☐ 1/4 pounds of Quinoa
- ☐ 1 package (16 oz) of Whole Wheat Penne

### PRODUCE

- ☐ 1 1/4 pounds of Asparagus
- ☐ 2 Avocados
- ☐ 1 bag (16 oz) of Baby Carrots
- ☐ 1 Banana
- ☐ 1 pint of Blueberries









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## Grocery List

### PRODUCE

- |   |   |
|---|---|
| <input type="checkbox"/> 1 bunch of Broccoli Rabe   | <input type="checkbox"/> 1 Cara Cara Oranges  |
| <input type="checkbox"/> 1 Carrots  | <input type="checkbox"/> 1 quart of Cherry Tomatoes              |
| <input type="checkbox"/> 2 Cucumber              | <input type="checkbox"/> 1 bulb of Garlic   |
| <input type="checkbox"/> 3/4 pounds of Green Beans  | <input type="checkbox"/> 1 bunch of Green Onions (Scallions)  |
| <input type="checkbox"/> 2 Kiwi   | <input type="checkbox"/> 1 Lemon  |
| <input type="checkbox"/> 1 Oranges  | <input type="checkbox"/> 1 bag (6 oz) of Raw Spinach             |
| <input type="checkbox"/> 2 Red Bell Peppers      | <input type="checkbox"/> 3/8 pounds of Red Grapes                |
| <input type="checkbox"/> 1 Red Onions   | <input type="checkbox"/> 1 package (5 oz) of Spring Mix Lettuce  |
| <input type="checkbox"/> 1 pint of Strawberries  | <input type="checkbox"/> 1 Tomatoes   |
| <input type="checkbox"/> 1 Yellow Onions  |   |

### SNACKS

- |   |   |
|---|---|
| <input type="checkbox"/> 1 package (4-5 oz) of Air-Popped Popcorn | <input type="checkbox"/> 1/8 pounds of Pecans   |
| <input type="checkbox"/> 1/8 pounds of Pumpkin Seeds (Pepitas)    | <input type="checkbox"/> 1 bag (12 oz) of Raisins  |





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## Grocery List

### SNACKS

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- |  |  |
|--|--|
| <input type="checkbox"/> 1/8 pounds of Sunflower Seeds | <input type="checkbox"/> 1/8 pounds of Walnuts |
| <input type="checkbox"/> 1/8 pounds of Whole Almonds   |  |

### SPICES / CONDIMENTS

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- |  |  |
|--|--|
| <input type="checkbox"/> 1 jar (1 oz) of Cayenne Pepper          | <input type="checkbox"/> 1 jar (0.1-1 oz) of Dried Basil           |
| <input type="checkbox"/> 1 jar (0.75 oz) of Dried Oregano        | <input type="checkbox"/> 1 bottle (12 fl oz) of French Vinaigrette |
| <input type="checkbox"/> 1 bunch of Fresh Tarragon               | <input type="checkbox"/> 1 jar (1 oz) of Ground Cinnamon           |
| <input type="checkbox"/> 1 bottle (16 fl oz) of Italian Dressing | <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil          |
| <input type="checkbox"/> 1 bottle (12 fl oz) of Ranch Dressing   | <input type="checkbox"/> 1 jar (1.6 oz) of Sweet Paprika           |



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## A DAY IN THE LIFE



### RISE AND SHINE!

Take a breath and slowly rise! Getting up at the same time helps regulate your sleep cycle.



### BREAKFAST

Blueberry Pecan  
Overnight Oats, Grapes

### MINDFULNESS

Take a moment to acknowledge something you're grateful and set a positive tone for the day.

### WATER

REMEMBER TO DRINK 8 GLASSES OF WATER PER DAY. MORE IF YOU EXERCISE.

### MAKE IT YOUR OWN

Make EatLove your own by adding your own recipes, choosing recipes for your Favorites, and tailoring the Grocery List for easy shopping.



### LUNCH

Pear Quesadilla with  
Cucumbers, Yogurt and  
Kiwi Fruit

### SNACK

EAT A SNACK TO HELP YOU POWER THROUGH THE DAY.



### GET MOVING

### EXERCISE

Be more active by taking the stairs or walking during one of your calls. Track your exercise in the Daily Log.



### TIME FOR BED

Slowly unwind from the long day you had. Take a few moments to consider what you were thankful for today. Sweet dreams!

### CONNECTION

Savor time in the evening for family and friends. Turn off distractions and focus on sharing the day's highlights.



### DINNER

Chicken, Quinoa, and  
Veggies, Broccoli Rabe

### MEAL PREP





## Blueberry Pecan Overnight Oats

BY EVERYDAY EATLOVE

⌚ 5 MINS PREP | ⌚ 8 HRS COOK | 🍴 2 SERVINGS

### INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 cup rolled oats	1 1/2 cups blueberries
1 cup water	1 cup low fat Greek yogurt
2 dashes salt	3 tablespoons pecans toasted and chopped
	4 teaspoons maple syrup

### NUTRITION INFORMATION PER SERVING

Calories 440kcal	Whole Grains 1.28 servings
Fiber 8.4g	Carbs 65g
Fruits 0.84 servings	Protein 19g
Vegetables 0 servings	Total Fat 13g
Omega-3 (DHA+EPA) 0g	Saturated Fat 2.68g
Healthy Fats 1.35 servings	Sodium 235mg
Healthy Proteins 2 servings	Added Sugar 8.1g

### Method

1. Combine oats, water, and salt in a jar. Cover and refrigerate overnight.
2. When ready to eat, heat if desired, and top with blueberries, yogurt, pecans, and maple syrup.





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## Grapes

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 2 SERVINGS

## Method

1. Wash grapes and serve.

### INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

30 red grapes

#### NUTRITION INFORMATION PER SERVING

Calories <b>51kcal</b>	Whole Grains <b>0 servings</b>
Fiber <b>0.66g</b>	Carbs <b>13g</b>
Fruits <b>0.88 servings</b>	Protein <b>0.53g</b>
Vegetables <b>0 servings</b>	Total Fat <b>0.12g</b>
Omega-3 (DHA+EPA) <b>0g</b>	Saturated Fat <b>0.04g</b>
Healthy Fats <b>0 servings</b>	Sodium <b>1.47mg</b>
Healthy Proteins <b>0 servings</b>	Added Sugar <b>0g</b>



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## Yogurt and Kiwi Fruit

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 2 SERVINGS

### Method

1. Wash, peel and slice kiwi.
2. Serve with Greek yogurt. Sprinkle with cinnamon if desired.

### INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 kiwis peeled, sliced  
1  $\frac{1}{3}$  cups non-fat Greek yogurt  
2 sprinkles cinnamon

#### NUTRITION INFORMATION PER SERVING

Calories 163kcal	Whole Grains 0 servings
Fiber 2.08g	Carbs 18g
Fruits 0.5 servings	Protein 16g
Vegetables 0 servings	Total Fat 3.7g
Omega-3 (DHA+EPA) 0g	Saturated Fat 2.03g
Healthy Fats 0 servings	Sodium 96mg
Healthy Proteins 2.66 servings	Added Sugar 0g



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## Pear Quesadilla with Cucumbers

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🕒 5 MINS COOK | 🍴 2 SERVINGS

### INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 whole wheat tortillas	1 tablespoon dried basil
1/2 cup pepper jack cheese shredded	1 cup canned pear thinly sliced
1/2 cup mozzarella cheese shredded	2 teaspoons olive oil
2 tablespoons onion chopped	4 cups cucumber sliced

#### NUTRITION INFORMATION PER SERVING

Calories 431kcal	Whole Grains 1.33 servings
Fiber 8g	Carbs 40g
Fruits 0.5 servings	Protein 19g
Vegetables 2.09 servings	Total Fat 23g
Omega-3 (DHA+EPA) 0g	Saturated Fat 12g
Healthy Fats 1 servings	Sodium 563mg
Healthy Proteins 0 servings	Added Sugar 0g

### Method

1. Sprinkle cheese, onion, and basil on one half of the tortilla. Place pear slices on top. Fold tortilla over the fillings.
2. Brush each side of the tortilla with oil.
3. Heat quesadilla in a nonstick skillet until cheese melts, about 2-3 minutes each side.
4. Cut into thirds and serve with cucumber slices.



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## Cucumber, Feta, and Olives

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 2 SERVINGS

### INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups cucumber halved and sliced

2 ounces feta

10 olives pitted and sliced

#### NUTRITION INFORMATION PER SERVING

Calories 116kcal	Whole Grains 0 servings
Fiber 1.22g	Carbs 6.3g
Fruits 0 servings	Protein 4.89g
Vegetables 1 servings	Total Fat 8.5g
Omega-3 (DHA+EPA) 0g	Saturated Fat 4.59g
Healthy Fats 0.47 servings	Sodium 424mg
Healthy Proteins 0 servings	Added Sugar 0g

### Method

1. Add cucumber, feta, and olives to a bowl and toss to combine.



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## Chicken, Quinoa, and Veggies

BY EVERYDAY EATLOVE

🕒 10 MINS PREP | 🕒 35 MINS COOK | 🍴 2 SERVINGS

### INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

8 ounces chicken breast	1 cup cherry tomatoes
1/2 cup quinoa	2 tablespoons olive oil, divided
3 cups green beans trimmed	2 dashes salt
	2 dashes pepper

#### NUTRITION INFORMATION PER SERVING

Calories 472kcal	Whole Grains 1.21 servings
Fiber 7.9g	Carbs 41g
Fruits 0 servings	Protein 35g
Vegetables 2 servings	Total Fat 20g
Omega-3 (DHA+EPA) 0.03g	Saturated Fat 2.9g
Healthy Fats 3 servings	Sodium 212mg
Healthy Proteins 2.48 servings	Added Sugar 0g

### Method

#### Chicken

1. If you have a grill: prepare grill to medium-high heat and coat with cooking spray. Brush chicken with olive oil and season with salt and pepper. Place chicken on grill rack; grill 6 minutes on each side or until done.
2. If using an oven: preheat to 350° F. Brush chicken with half the olive oil and season with salt and pepper. Bake for 35 minutes until done.

#### Quinoa & Veggies

1. Cook quinoa according to package directions.
2. Preheat oven to 425° F.
3. Trim green beans. Toss with remaining olive oil, tomatoes, and salt and pepper. Roast until crisp and tender, about 12-15 minutes.
4. Serve.





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## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1 pound Broccoli Rabe tough stems removed
- $\frac{1}{4}$  cup onion chopped
- 1 tablespoon olive oil
- 2 dash peppers
- $\frac{1}{4}$  cup almonds toasted and chopped

### NUTRITION INFORMATION PER SERVING

Calories 221kcal	Whole Grains 0 servings
Fiber 8.7g	Carbs 12g
Fruits 0 servings	Protein 11g
Vegetables 2.76 servings	Total Fat 17g
Omega-3 (DHA+EPA) 0g	Saturated Fat 1.73g
Healthy Fats 3.29 servings	Sodium 76mg
Healthy Proteins 0 servings	Added Sugar 0g

## Broccoli Rabe

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🕒 15 MINS COOK | 🍴 2 SERVINGS

## Method

1. Boil water in a large pot on the stove. Add broccoli rabe and blanch for 1 minute. Place into a bowl of ice water to cool. Drain and set aside.
2. Heat oil in a skillet over medium heat. Add onions and cook until lightly browned.
3. Add broccoli rabe, and pepper. Stir and cook until tender, about 2 minutes.
4. Top with almonds to serve.





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## INGREDIENTS

2 teaspoons olive oil	1/2 teaspoon cayenne pepper
1/2 cup red onion finely chopped	1 teaspoon oregano
1 red bell pepper rinsed, seeded, and thinly chopped	6 eggs
1 3/4 pounds canned whole tomatoes drained and chopped	1 tablespoon feta cheese crumbled
3/4 teaspoon sweet paprika	2 whole wheat pita halved

## NUTRITION INFORMATION PER SERVING

Calories 366kcal	Whole Grains 1.33 servings
Fiber 10g	Carbs 40g
Fruits 0 servings	Protein 20g
Vegetables 2.85 servings	Total Fat 15g
Omega-3 (DHA+EPA) 0.06g	Saturated Fat 4.33g
Healthy Fats 0.67 servings	Sodium 650mg
Healthy Proteins 1 servings	Added Sugar 0.35g

## Spicy Tomato Eggs

BY EVERYDAY EATLOVE

🕒 10 MINS PREP | 🕒 25 MINS COOK | 🍴 3 SERVINGS

## Method

1. Heat a large skillet on medium heat. Add the oil and sauté the onion.
2. Add the bell pepper and cook another 7-9 minutes until tender.
3. Add the tomatoes and spices. Stir often for about 10-15 minutes until bubbling.
4. Create small wells in the tomato mixture and crack an egg in each. Cover with the lid and cook for another 5 minutes until egg whites are set.
5. Top with feta and serve with warm pita bread.



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## Chicken Avocado Wrap with Carrots

BY EVERYDAY EATLOVE

⌚ 3 MINS PREP | ⌚ 5 MINS COOK | 🍴 1 SERVINGS

### INGREDIENTS

#### Wrap

- 1 whole wheat tortilla
- 6 ounces chicken breast
- 1/2 avocado sliced
- 4 cherry tomatoes halved
- 1 cup spinach chopped

#### Serve with

- 8 baby carrots
- 2 tablespoons hummus

### Method

1. Wash and prepare vegetables as needed.
2. Lay out the tortilla on a board or flat plate. Top with chicken breast, avocado, cherry tomatoes, and spinach. Fold the wrap.
3. Serve with baby carrots and hummus.

#### NUTRITION INFORMATION PER SERVING

Calories 592kcal	Whole Grains 1.33 servings
Fiber 12g	Carbs 39g
Fruits 1.5 servings	Protein 62g
Vegetables 1.54 servings	Total Fat 23g
Omega-3 (DHA+EPA) 0.02g	Saturated Fat 5.6g
Healthy Fats 2.64 servings	Sodium 506mg
Healthy Proteins 6.2 servings	Added Sugar 0g



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## Sweet and Salty Trail Mix

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

### INGREDIENTS

1 tablespoon almonds	1 tablespoon Dark Chocolate Chips
1 1/2 tablespoons walnuts	1 cup Air-Popped Popcorn
2 tablespoons raisins	1 pinch salt

### NUTRITION INFORMATION PER SERVING

Calories 267kcal	Whole Grains 0.33 servings
Fiber 4.62g	Carbs 36g
Fruits 0.72 servings	Protein 5.7g
Vegetables 0 servings	Total Fat 14g
Omega-3 (DHA+EPA) 0g	Saturated Fat 2.97g
Healthy Fats 2.1 servings	Sodium 394mg
Healthy Proteins 0 servings	Added Sugar 0g

### Method

1. Add popcorn to a bowl and sprinkle with salt. Toss to combine.
2. Add in remaining ingredients and mix.



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## Asparagus and White Bean Pasta

BY EVERYDAY EATLOVE

⌚ 5 MINS PREP | ⌚ 15 MINS COOK | 🍴 2 SERVINGS

### INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 ounces whole wheat penne  
3 tablespoons olive oil  
4 cups asparagus rinsed and chopped into bite-sized pieces  
6 cloves garlic minced  
 $\frac{1}{2}$  can white beans drained & rinsed  
3 tablespoons Parmesan cheese grated

#### NUTRITION INFORMATION PER SERVING

Calories 581kcal	Whole Grains 1 servings
Fiber 16g	Carbs 74g
Fruits 0 servings	Protein 25g
Vegetables 2 servings	Total Fat 24g
Omega-3 (DHA+EPA) 0g	Saturated Fat 4.66g
Healthy Fats 4.5 servings	Sodium 317mg
Healthy Proteins 0.81 servings	Added Sugar 0g

### Method

1. Cook pasta according to box directions.
2. In a medium skillet, sauté oil, garlic, and asparagus for 5 minutes. Add beans and cook for another 3 minutes.
3. Mix pasta with beans and asparagus and top with cheese.



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## Lettuce, Tomato, and Cheese Salad

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 2 SERVINGS

### INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 cups spring mix lettuce	2 tablespoons Italian Dressing
1 cup cherry tomatoes	2 dashes salt
1/4 cup shaved Parmesan cheese	2 dashes freshly ground black pepper

#### NUTRITION INFORMATION PER SERVING

Calories 117kcal	Whole Grains 0 servings
Fiber 1.99g	Carbs 11g
Fruits 0 servings	Protein 4.18g
Vegetables 1.5 servings	Total Fat 7g
Omega-3 (DHA+EPA) 0g	Saturated Fat 1.94g
Healthy Fats 0 servings	Sodium 489mg
Healthy Proteins 0 servings	Added Sugar 2.65g

### Method

1. Wash spring mix and tomatoes. Mix salad ingredients in a large bowl, add dressing, salt and pepper and serve.





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## Avocado, Black Bean & Tomato Sandwich with Oranges

BY EVERYDAY EATLOVE

🕒 10 MINS PREP | 🍴 2 SERVINGS

### INGREDIENTS

1 avocado	1 pinch black pepper
$\frac{3}{4}$ cup black beans drained & rinsed	1 tomato sliced
$\frac{1}{2}$ lemon juiced	4 slices Whole Wheat Bread
	1 orange sliced

### NUTRITION INFORMATION PER SERVING

Calories 436kcal	Whole Grains 2.4 servings
Fiber 15g	Carbs 66g
Fruits 2.25 servings	Protein 17g
Vegetables 0.34 servings	Total Fat 14g
Omega-3 (DHA+EPA) 0g	Saturated Fat 2.08g
Healthy Fats 2.06 servings	Sodium 435mg
Healthy Proteins 0.75 servings	Added Sugar 0g

### Method

1. Mash the avocado and beans together in a bowl. Add lemon juice and pepper.
2. Toast the bread and spread the avocado mixture evenly on it. Top with tomato and serve with orange slices.





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## Strawberry Maple Overnight Oats

BY EVERYDAY EATLOVE

🕒 5 MINS PREP | 🍴 1 SERVINGS

### INGREDIENTS

#### overnight oats

1/4 cup oats	3/4 cup strawberries
1/4 cup milk	2 teaspoons maple syrup
1/2 cup greek yogurt	1/4 cup pumpkin seeds

#### garnish

1/4 cup strawberries

### NUTRITION INFORMATION PER SERVING

Calories 483kcal	Whole Grains 0.64 servings
Fiber 5.7g	Carbs 51g
Fruits 1 servings	Protein 27g
Vegetables 0 servings	Total Fat 22g
Omega-3 (DHA+EPA) 0g	Saturated Fat 5.4g
Healthy Fats 3.23 servings	Sodium 106mg
Healthy Proteins 2.25 servings	Added Sugar 8.1g

### Method

#### overnight prep

1. Add oats, milk, yogurt, and maple syrup into a reusable container.
2. Stir with a spoon until well mixed.
3. Wash and slice strawberries and add them, along with pumpkin seeds, to overnight oat mixture.
4. Put mixture into refrigerator and leave overnight.

#### to serve

1. Serve with strawberries the following morning.



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## Turkey & Cheese Roll Ups, Veggies, and Orange

BY EVERYDAY EATLOVE

🕒 7 MINS PREP | 🍴 1 SERVINGS

### INGREDIENTS

1/2 cup edamame	2 slices deli turkey
1 orange sliced	1 ounce cheddar cheese
1 red bell pepper sliced	1 whole wheat tortilla
	1 tablespoon ranch

### NUTRITION INFORMATION PER SERVING

Calories 627kcal	Whole Grains 1.33 servings
Fiber 20g	Carbs 68g
Fruits 1 servings	Protein 32g
Vegetables 1.2 servings	Total Fat 28g
Omega-3 (DHA+EPA) 0.01g	Saturated Fat 9.2g
Healthy Fats 0 servings	Sodium 1061mg
Healthy Proteins 3.16 servings	Added Sugar 0.7g

### Method

1. Wash and prepare edamame, orange, and bell pepper.
2. Lay out whole wheat tortilla. Top with deli turkey and cheddar cheese. Roll up the tortilla.
3. Serve altogether with ranch. Alternatively, pack into lunch box for later consumption.





## Banana and Sunflower Seeds

BY EVERYDAY EATLOVE

🕒 2 MINS PREP | 🍴 1 SERVINGS

### Method

1. Peel banana and serve with sunflower seeds.

### INGREDIENTS

- 1 banana
- 2 tablespoons sunflower seeds

#### NUTRITION INFORMATION PER SERVING

Calories 205kcal	Whole Grains 0 servings
Fiber 4.52g	Carbs 30g
Fruits 1 servings	Protein 4.9g
Vegetables 0 servings	Total Fat 9.4g
Omega-3 (DHA+EPA) 0g	Saturated Fat 0.91g
Healthy Fats 1.79 servings	Sodium 2.74mg
Healthy Proteins 0 servings	Added Sugar 0g



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## INGREDIENTS

### salmon

- 2 3-oz fillets salmon
- 1 dash salt
- 1 dash pepper
- 1/2 lemon sliced
- 1 carrot peeled, sliced
- 2 green onions sliced
- 1/4 sliced black olive drained
- 2 tablespoons fresh tarragon
- 2 tablespoons pesto

### serve with

- 2 cups cooked brown rice
- 4 cups raw spinach
- 1/2 cup cherry tomatoes
- 2 tablespoons white wine vinaigrette

### Cooked Brown Rice

- 1 cup brown rice
- 2 1/2 cups water

## NUTRITION INFORMATION PER SERVING

Calories 527kcal	Whole Grains 2.56 servings
Fiber 5.8g	Carbs 52g
Fruits 0.25 servings	Protein 26g
Vegetables 1.64 servings	Total Fat 25g
Omega-3 (DHA+EPA) 0.88g	Saturated Fat 4.46g
Healthy Fats 2.58 servings	Sodium 513mg
Healthy Proteins 2.22 servings	Added Sugar 0g

## Mediterranean Salmon in Parchment

BY COOKOLOGY

⌚ 15 MINS PREP | ⌚ 45 MINS COOK | 🍴 2 SERVINGS

## Method

1. Cook rice according to package directions, or follow link included.
2. Preheat oven to 425F.
3. Cut two 12-inch squares of cooking parchment; set aside. Season salmon with salt and pepper to taste; set aside.
4. Place lemon slices on the bottom center of each parchment square. Divide carrots, green onions and olives equally among sheets. Top each with salmon, tarragon and pesto.
5. Fold over edges of parchment paper over salmon, stapling if necessary to create an almost airtight seal. Bake until salmon is cooked through and vegetables are crisp-tender, about 20 minutes. Transfer packets to serving plates; carefully open to serve.
6. Toss spinach with tomatoes and dressing. Serve alongside salad.

### Cooked Brown Rice

1. Combine rice and water in a pot and bring to a boil.
2. Cover and reduce heat to low.
3. Simmer for 30-40 minutes until most of the liquid is absorbed then remove from heat.
4. Keep covered and steam for an additional 10 minutes.
5. Fluff with fork.

